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I AM ENOUGH - I AM Perfect - I AM Worthy of ALL I Desire -  
Affirmations

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Description. FROM THE NEW YORK TIMES BESTSELLING AUTHOR OF CARE OF THE SOUL COMES AN UPLIFTING MEDITATION ON THE ART OF GROWING OLDER.

'Thomas Moore convinces us that we age best when we embrace our age, live agelessly, and remember every day to find the endless joy nestled inside our soul'.

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